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Looking back at Lac-Mégantic

Crowds packed a church in the Quebec town to remember the 47 people who perished following a train derailment a year ago PAGE 6

'Person of interest' in Amber Alert case has criminal past

Search continues.
Boy, grandparents missing for a week

JEREMY NOLAIS & BRYAN WEISMILLER
calgary@metronews.ca

Calgary Police questioned a "person of interest" over the weekend and conducted a blanket search on an Airdrie-area property where the man once ran a drug lab, as the search for a missing youngster and his grandparents continued.

On Sunday evening, Metro independently confirmed a media report earlier in the day that Douglas Garland, son of the acreage's owners, had been taken into custody and later released.

Garland, now in his 50s, is said to be linked to the family of missing couple Alvin and Kathryn Liknes. The long-time married couple and Nathan O'Brien, 5, were last seen in their Parkhill-area home Sunday evening. Police have said a violent incident occurred inside the home and the trio did not appear to leave voluntarily.

Garland was charged in 1992 after a lab used to make synthetic drugs was discovered on the acreage property, but for seven years evaded arrest. He was later discovered in Vancouver living using a stolen name, Matthew Kemper Hartley, according to court records.

The real Hartley was from Cardston, Alta., and died in a car crash in the 1980s.

Garland was working as a chemical mixer for the B.C. Institute of Technology when he was found and sentenced to a 39-month prison sentence for drug trafficking.

It's believed police were led to the Garland property Friday after releasing a CCTV image earlier in the day of a green Ford truck seen in the area of the Likneses' southwest Calgary residence. But authorities confirmed few details, other than that acreage search was considered linked to the missing persons case.

"Police are still looking to determine if the vehicle seized at that location, the property, or the man taken in for questioning, are linked to the investigation," the service said in a Sunday morning news release.

In court records from 2005, a judge said Garland suffered from attention-deficit disorder and had been traumatized by a horrific accident that came as a result of falling asleep behind the wheel of a vehicle.

An expansive search of the Garland property appeared likely to continue into Monday. On Sunday, RCMP officers and K-9 unit members could be seen searching a field and a large pond. A police boat was brought to the scene but wasn't deployed.

WITH FILES FROM KEN VAN DE WALLE & ROBSON FLETCHER/METRO

GRABBING IT BY THE HEAD

Straws Milan of Cochrane competes in the Steer Wrestling competition during Day 3 of the Calgary Stampede rodeo. Milan currently sits in seventh place in the standings in Pool A.

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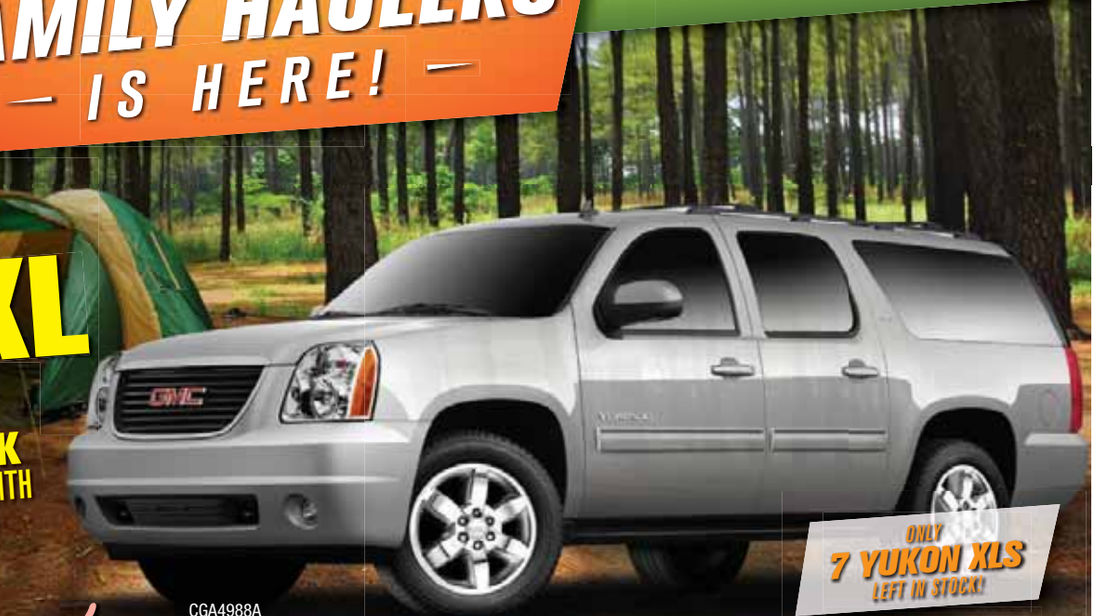

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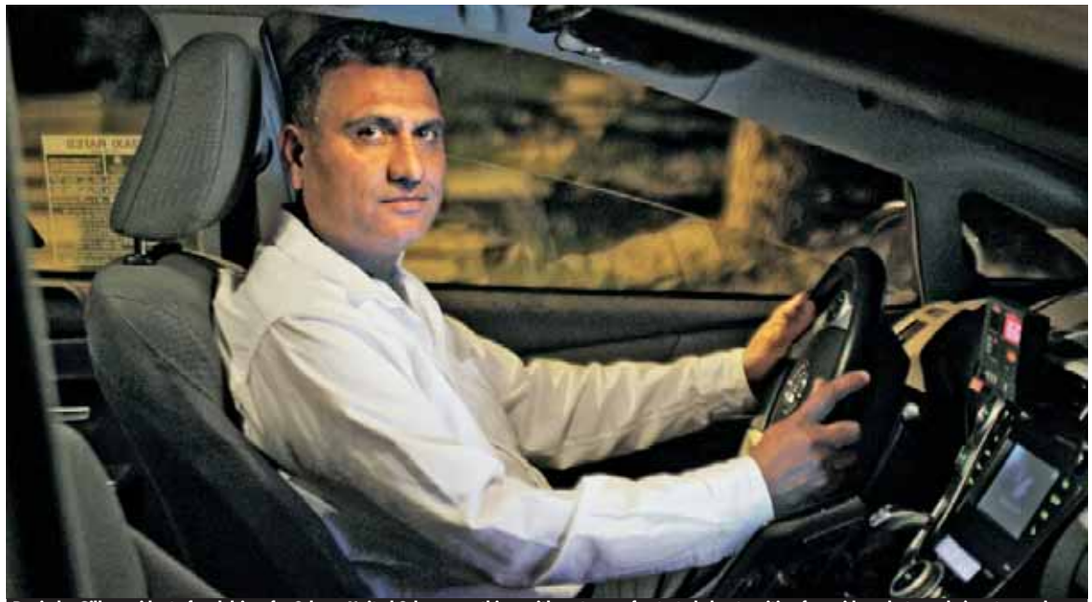
Rupinder Gill's

Top tips for hailing a cab during Stampede

- **Leave your house light on.** Rupi Gill says it's nearly impossible to read house numbers if you don't.
- **Answer the phone.** It could be a driver calling to make sure you're actually going to be there.
- **Pre-booking may not make a difference.** Gill says there's no special treatment for passengers that book hours in advance. You end up in the same dispatch system and will be tended to when there's a free vehicle.
- **Travel in pairs or trios, with a mix of men and women.** Some cabbies are a little anxious to take a group of drunk men on late at night, Gill says.
- **You can be blacklisted.** Don't be a no-tripper: That is, call multiple companies and then hop in with the first car that arrives.
- **Be ready.** Just because the dispatcher says it's going to be an hour, doesn't mean it will.
- **Is it really faster to take the LRT and then flag a cab from the station?** Not necessarily, says Gill. The bulk of the fleet is downtown at closing hour.
- **Don't call for a cab if you're at a bar.** Trying to finding a solitary drunk in a crowd is near-impossible. Gill recommends trudging out to the sidewalk and flagging a cab like the rest.



Rupinder Gill, president of and driver for Calgary United Cabs, sympathizes with customers frustrated about waiting for a ride — but says he's got some bones to pick with them, as well. JEREMY NOLAIS/METRO

Vicious cycle for cabbies during Stampede rush

'Luck of the draw.' Metro hops in with veteran driver on one of year's craziest nights

JEREMY NOLAIS
jeremy.nolais@metronews.ca

The clock's ticking and Rupinder Gill is dialling away, hoping to find his missing customer on the other end.

She's booked a trip hours in advance, and he's maybe three minutes late.

It's 12:30 a.m. on the first weekend of the Calgary Stampede, considered one of the busiest times for cabs.

Gill gets through: "Hello ma'am, it's your cab driver."

She responds, "I'm already in a cab."

It's a half-hour wasted. Gill sighs and scrolls through the dispatch to find another fare.

No-trips, as they're called, can be a driver's worst enemy. For Gill, it's money he needs to make; for thousands of customers waiting for a ride, it's delays stacked upon delays.

A short time later, Gill — a veteran driver of 26 years and president of the city's newest brokerage, United Cabs — heads into the orderly cab line at Ranchman's.

He secures a fare in three minutes — a good one. The customer wants to go to Coach Hill and then the airport. With tip, it could mean $100 for an hour's work.

"That's it right there," he says of the disparity. "You never know, but flag trips are a sure thing.... It's luck of the draw, man."

Flagged trips — those hailed from the roadside — are the target of choice for many cabbies come Stampede. In turn, Gill says half of United's calls during peak hours result in no trips.

That means suburban passengers or those that took the LRT halfway home get stuck in limbo for hours. Some fall asleep on park benches or walk kilometres to get to their abodes.

The fear among groups like Mothers Against Drunk Driving is that inebriated customers will get fed up and hop behind the wheel.

The city had pushed for an injection of more than 300 additional cab licences, but it was met with resistance from drivers, including Gill.

He says his guys in United "would starve" most days of the year, with that many additional cars on the road.

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NewHomesCentral.com CALGARY

Report aims to stop Calgary teachers from turning into 'walking zombies'

Educator survey. Report-card inconsistencies, lots of paperwork chief concerns

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Calgary public-school teachers are being snowed under by mountains of paperwork and report cards, pressures that can impact their classroom instruction, suggest results of a new survey.

The findings of the questionnaire — responded to by more than 4,000 Calgary Board of Education teachers and staff members — form the initial report and recommendations of an internal workload review pledged as part of 2013 collective bargaining agreements.

The survey asked teachers what could be modified or eliminated from their jobs and what could be done to increase their efficacy. Responses to the survey generally centred around three themes — paperwork (including report cards, forms and the like), teacher workload and class size.

But the report conceded the last-mentioned struggle is largely a matter based on provincial funding. As such, the 16 recommendations offered focused on elements of the educator's job that could be altered immediately, said Heide Doppmeier, vice-president of the Alberta Teachers' Association local.

Doppmeier teaches high-school-aged English Language Learners and said she was required to produce six report cards last year. At other schools, the requirement was only four.

"We really try not to let it hurt instruction but, sure, during report-card (periods), teachers are walking zombies," Doppmeier said. "The thing we're trying to get across to the board is it is taking an emotional, physical kind of toll that it really doesn't need to. We can work smarter, not harder."

The CBE is moving towards a new, streamlined report-card model this fall that will see them issued twice a year for kindergarten-to-Grade 9 students. The report cards will utilize a four-point numerical indicator in place of more traditional percentage grades and include "stems" identifying student outcomes.

A senior official said at the time the new model will allow assessment to occur on a "child-by-child basis."

But questions have been raised about whether such offerings will cut into teacher workload and many parents have said the assessment scale is confusing.

Doppmeier said time will tell if the new model helps her members.

Teachers would like to see less paperwork and report-card inconsistencies, according to a survey. METRO FILE

Key recommendations in the C2 Committee report:

- Establishing more standard expectations for the number of report cards issued.
- Developing a "digital online companion" for teachers that would allow them to review best practices when encountering student-related issues.
- Standardizing templates for Individuals Program Planning (IPP) reports. The dates and deadlines for submitting IPPs should also be changed.

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'Heart-wrenching.' Family of missing teen waits as police work to ID body pulled from river

Family members of a missing Calgary teen are waiting anxiously after word Saturday a body was pulled from the Bow River.

Justin McNeil, a 19-year-old heavy-duty mechanic, was last seen at Nature's Hideaway campground June 22. He either jumped in or fell into the Highwood River and was instantly swept downstream, witnesses have said. The Highwood empties into the Bow River further downstream.

Reached Sunday, Justin's adopted mother, Cathy McNeil, said she and others were still planning to continue with search efforts along the Bow Sunday. She said RCMP have said an autopsy would be done on the body sometime this week, but added the wait was nearly impossible to endure.

"I can't even explain it," she said. "It's been heart-wrenching."

Crews had been searching over the past two weeks with the help of helicopters and regular shoreline patrols, but RCMP spokesperson Sgt. Donna Rorison told Metro last week, "The truth is we're out of places to look for now. We're at the mercy of the river."

Nineteen-year-old Justin McNeil went missing in the Highwood River June 22. FACEBOOK PHOTO

Okotoks RCMP said they aren't able to confirm at this time the body is that of McNeil, but they have been in touch with the family to advise them of the discovery.

The body pulled from the Bow River has now been turned over to the medical examiner to determine cause of death and to confirm the identification. RCMP said the autopsy is planned for Monday.

JEREMY NOLAIS/METRO

Wildrose

Nixon in, Anglin out for Rimbey-Rocky Mountain House-Sundre spot

Jason Nixon has won the Wildrose candidate spot for Rimbey-Rocky Mountain House-Sundre, beating out current MLA Joe Anglin.

Nixon will run in the next provincial election after winning the party's nomination in a weekend vote.

Wildrose leader Danielle Smith offered Nixon her congratulations in a statement over the weekend.

"Joe is a passionate fighter for the causes he believes in and has done some very good work for Albertans," she said, noting that even so, the Wildrose believes in a democratic selection process.

"That said, Wildrose is committed to assembling the best possible Wildrose team for the next election, and I am confident that Jason Nixon will work hard and diligently for the voters of Rimbey-Rocky Mountain House-Sundre and he will do a great job as their MLA after the next election," Smith said.

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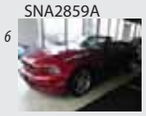
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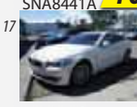
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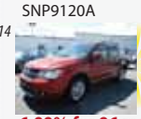
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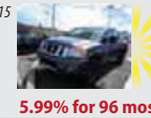
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Lac-Mégantic remembers

One year later.
Forty-seven people died when a train pulling tankers of oil derailed and exploded

Hours after a solemn procession passed the spot where tragedy struck Lac-Mégantic a year ago Sunday, crowds packed Ste-Agnès Church to remember the 47 people who perished when a runaway train derailed in the centre of town and exploded.

First responders who plunged in to fight the inferno that erupted after the train jumped the tracks were given a resounding round of applause when they entered the church Sunday in long lines.

Framed photographs of the victims were on display alongside bouquets of flowers at the front of the church, which sits not far from the crash site. In a poignant, personal touch, a baseball glove lay in front of one man's photo.

"How many times has the whole community of Lac-Mégantic impressed us, by its wisdom, and its capacity to lift itself up?" said Sherbrooke diocese Archbishop Luc Cyr, who presided over the service.

"You have given us a beautiful message of dignity and strength. Yes, there have been tears and great suffering but at the same time there has been overwhelming generosity and love."

In memoriam

"We will never forget the victims whose names are etched in stone."
Quebec Premier Philippe Couillard

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→ See the full instructions on Metro's Voices page.

Some of those tears were being shed Sunday by people gathered outside the church to watch the service as it was projected onto a big screen metres from the derailment site. A number of people sat on lawn chairs and dabbed at their eyes.

The Sunday service was the latest commemoration in a weekend of events to remember the tragedy. A moment of silence followed the ceremony and a monument to the victims in the form of a large granite book with their names inscribed was dedicated on the church's lawn.

Dignitaries including Gov.-Gen. David Johnston and Quebec Premier Philippe Couillard lay bouquets of flowers in front of the monument after attending the church service late Sunday morning.

Earlier Sunday morning, more than 1,000 people marched in solemn silence in the darkness after observing a moment of silence at 1:15 a.m. That was the exact moment on July 6, 2013, when the fuel-laden train derailed and exploded in a series of cataclysmic fireballs.

THE CANADIAN PRESS

A man touches a stone monument in front of Ste-Agnes church following a memorial service for the 47 victims of an oil-filled train derailment a year ago Sunday in Lac-Mégantic, Que. PAUL CHIASSON/THE CANADIAN PRESS

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Israel. Six arrested in connection with slain Palestinian teen

Israel arrested six Jewish people Sunday in the grisly death of a Palestinian teenager who was abducted and burned alive last week — a crime that set off a wave of violent protests in Arab sections of the country.

Leaders of the Middle Eastern state appealed for calm amid signs the death was revenge for the recent killings of three Israeli teenagers.

Prime Minister Benjamin Netanyahu promised to prosecute those responsible to the full extent of the law.

The region has been on edge since three Israeli teens — one of them a U.S. citizen — were kidnapped while hitchhiking in the West Bank last month. Last week, the teens' bodies were found in a West Bank field in a crime Israel blamed on the militant group Hamas.

Just hours after the youths were buried, Mohammed Abu Khdeir, a 16-year-old Palestinian from east Jerusalem, was abducted near his home, and his charred remains were found shortly afterward in a Jerusalem forest. Preliminary autopsy results found he was still alive when he was set on fire.

Palestinians immediately accused Israeli extremists of killing the youth in revenge. On Sunday, Israeli authorities said the killers had acted out of "nationalistic" motives.

The suspects remained in custody and were being interrogated, authorities said.

An Israeli official said there were six suspects and described them as young men and boys, including several minors, all of whom lived in the Jerusalem area.

Abu Khdeir's family said that the arrests brought them little joy and that they had little faith in the Israeli justice system.

"I don't have any peace in my heart, even if they captured who they say killed my son," said his mother, Suha. "They're only going to ask them questions and then release them. What's the point?"

THE ASSOCIATED PRESS

Michigan

15 saved from grounded boat

The U.S. Coast Guard says an overnight cellphone conversation with a 13-year-old girl led its crews to a pontoon boat grounded in the Grand River with 15 people, 13 of them deaf and four lacking medicine for medical conditions Saturday.

The coast guard crew launched an inflatable ice rescue skiff from shore and shuttled passengers three at a time to a nearby tow boat. THE ASSOCIATED PRESS

Piper Navajo

Plane crash kills 11 in Poland

Polish prosecutors opened a criminal investigation Sunday into a plane crash that killed 11 people Saturday — parachuting instructors, students and the pilot.

The Piper Navajo plane crashed and burst into flames, minutes after taking off. THE ASSOCIATED PRESS

Firefighter who died battling blaze hailed as 'a real hero'

In the line of duty. Lt. Gordon Ambelas died in the hospital after suffering multiple injuries during a fire

The Fire Department of New York is mourning the death of a lieutenant who became trapped while looking for victims in a public-housing highrise blaze, the first city firefighter to die in the line of duty in more than two years.

Lt. Gordon Ambelas died Saturday after suffering multiple injuries while on the 19th floor of the 21-storey building in the Williamsburg section of Brooklyn, officials said.

"We lost a real hero tonight and our hearts are heavy," Mayor Bill de Blasio said of the 14-year veteran of the force.

Fellow firefighters found Ambelas unconscious and carried him out of the building. They worked with emergency rescuers to try to revive him, but he died at a hospital, the mayor said.

This photo taken on June 26 and released by the NYPD shows Lt. Gordon Ambelas, who died at a hospital late Saturday night.
THE ASSOCIATED PRESS/NYFD

"Ambelas went into the apartment to search for life and did not come out, and by the time his brother firefighters found him, it was too late for him," Fire Commissioner Daniel Nigro said.

It is the department's first line-of-duty death since Lt. Richard A. Nappi was killed fighting a Brooklyn warehouse blaze in April 2012. Ambelas is the 18th to die since 343 firefighters perished in the Sept. 11, 2001, terrorist attacks that destroyed the World Trade Center.

Ambelas, a 40-year-old married father of two daughters from the New York City borough of Staten Island, was among the firefighters honoured last month for helping to save a seven-year-old boy who became trapped in a roll-down gate in May. The boy was pulled 4.5 metres off the ground when his arm and head got stuck.

The fire broke out around 9:30 p.m. Saturday in an apartment on the 19th floor of the building that is part of the six-building Independence Towers complex owned by the New York City Housing Authority.

Flames then spread to the 17th and 18th floors.

Two other firefighters were treated at Bellevue Hospital for minor injuries. Two residents were treated at the scene for minor injuries.

The cause of the fire is under investigation.

THE ASSOCIATED PRESS

Riding out stock peaks and valleys

HOW TO ROLL
Alison Griffiths
metronews.ca

It took only six years for investors to get back to zero. On Wednesday, June 18, the major Toronto stock market index finally eclipsed the previous record high, set in 2008 (on the very same day, no less).

Just to prove it wasn't a fluke, the TSX Composite Index rang up a new high of 15,209 last Wednesday.

This means that if you had put $100 into the TSX Composite Index six years ago you would have $100 today. Whoop-dee-do!

Not quite so grim a story is that of total return, which accounts both for price of the stocks and dividends paid out by the listed companies. Between June 6, 2008, and March 2010, the TSX Composite Total Return Index plummeted 47 per cent from an all-time high of 37,051. But the index had completely recovered by April 2010 and then forged ahead, encountering a few bumpy patches along the way, to its current level of over 45,500.

So, running the numbers again and including dividends, that same $100 invested in June 2008 would be worth nearly $123. That's a mere 3.8 per cent average annual return, but, still, it's better than zero.

What's the lesson in all of this? There are three.

Just the stats

The best and worst TSX Composite Total Return Index:

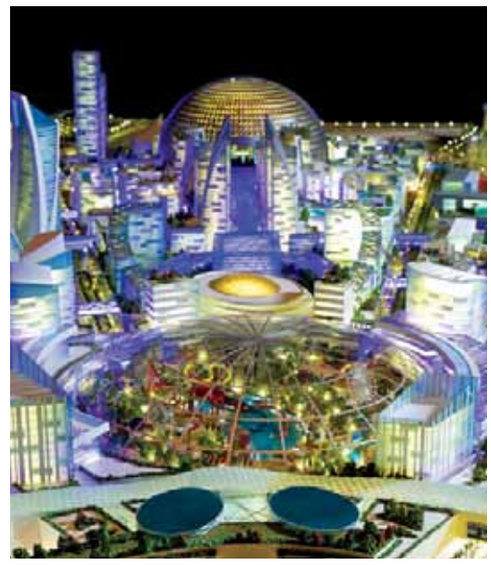
- **Best 10 years:** 1990-2000 — 15.59 per cent average annual return
- **Worst 10 years:** 2000-10 — 2.84 per cent average annual return

1. Dividends matter
Dividends can keep your portfolio afloat. While stock prices gyrate, dividends from blue-chip companies usually stay the course. During the recession, most of the biggest Canadian companies maintained dividend payments, though few increased them.

2. Time matters
Time heals most investment wounds. Investing at the top of the market hurts when there's a downturn, but history tells us that equities trend steadily upward over time, especially when you factor in dividends.

3. Regularity matters
It is true of our bowels and also of investing. Those who kept buying steadily through the recession and the subsequent recovery caught the highs but also the lows. This is called dollar cost averaging.

Whether the market goes up or down, keep these lessons in mind while investing.



Puts Chinook Centre to shame?

This image provided by Dubai Holding, a conglomerate controlled by the emirate's ruler, shows an artist rendition of their planned Mall of the World. The shopping-loving city that is home to one of the world's largest malls wants to build one even bigger. Dubai ruler Sheik Mohammed bin Rashid Al Maktoum has laid out plans for the project, which will include an eight-million-square-foot mall, a climate-controlled street network, a theme park covered during the scorching summer months and 100 hotels and serviced apartments. Dubai Holding gave no details on the cost or the completion date. DUBAI HOLDING/THE ASSOCIATED PRESS

President el-Sissi

Egypt raises beer, wine and cigarette taxes

Egypt's president decreed an increase in sales tax on cigarettes, beer and wine, the latest in a series of price hikes that aim to ease the country's staggering budget deficit.

The decision announced Sunday increases a flat tax on local and imported cigarettes to between 25 and 40 cents per pack, depending on the brand. It doubles an already existing tax on beer, from 100 per cent to 200 per cent, and increases the tax on local and imported wines to 150 per cent.

Since assuming the presidency last month, former military chief Abdel-Fattah el-Sissi has vowed to take tough decisions to deal with the country's battered economy, and bring it out of the bottleneck within two years.

THE ASSOCIATED PRESS

If you're not first you're last ... in sponsorships

Eugenie Bouchard won't be bringing in seven-figure sponsorship deals, yet.
BEN CURTIS/THE ASSOCIATED PRESS FILE

Eugenie Bouchard's loss to Czech Republic's Petra Kvitova in the Wimbledon women's final on Saturday may have cost her millions in sponsorship income, according to experts who say the Canadian tennis star would have landed numerous seven-figure deals had she won.

"Champions (project) hard work, humility, perseverance, and those are all qualities and attributes other brands like to associate with," said Vijay Setlur, who teaches sports marketing at York University.

While the Westmount, Que., native did reach the final — the furthest a Canadian has ever gone at the world's most prestigious tennis competition — it only showed the 20-year-old has potential, and that is not enough, Setlur said.

"Once that potential is realized, then more brands will present offers or partnerships because you're dealing now with an athlete that's proven."

While Bouchard has never won a Grand Slam — the four most important tournaments in professional tennis, including Wimbledon — she has reached a Grand Slam semi-final two other times and also won the 2012 Wimbledon junior competition.

Cary Kaplan, president and owner of the marketing firm Cosmo Sports, agreed that Bouchard will need a championship to "catapult" her earnings potential, but predicted her future is bright.

Bouchard's marketing appeal is not just the result of her run at Wimbledon, and goes beyond her performance on the tennis court.

No slouch, so far

Bouchard's current sponsors include Coca-Cola Canada, sportswear giant Nike, French tennis firm Babolat, Rogers Communications and Ontario packaged chicken producer Pinty's Delicious Foods.

"She's charismatic," he said. "She is very focused. You don't have the impression that she will wilt away."

THE CANADIAN PRESS

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Total number of prizes to be won is 1,784. Total number of tickets will be 13,250 single tickets at $100; 9,350 sets of 6 for $200; 7,100 sets of 15 for$300 for a grand total of 175,850. The KinWin 50 total number of tickets will be 5,000 single tickets at $5; 11,000 sets of 10 for $25; 10,000 sets of 25 for $50 for a grand total of 365,000 tickets. For a complete list of rules, please visit homelotto.com PHONE CENTRE HOURS: 8 AM TO 11 PM Kinsmen Lotto Licence # 377536 KinWin 50 Licence # 377537 Prizes may not be exactly as shown.

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CALGARY'S ANTI-HOMELESS DESIGN

URBAN COMPASS

Jeremy Klaszus
calgary@metronews.ca

If you use metal spikes to keep homeless people away from certain spots, you risk an angry public reaction from those who deem you cruel.

But if you use a more subtle design — the kind that's popping up everywhere in Calgary these days — you'll likely get away with it.

Residents of a luxury apartment in London experienced the first response after somebody tweeted photos of their building entrance last month. The shots showed a small nook outside the door that could presumably double as a sleeping spot for a homeless person but for rows of metal spikes embedded in the concrete.

Twitter users went ballistic, pointing out that vulnerable people were now being treated like pigeons.

It's easy to condemn the London spikes as inhumane, but the same thing is happening in cities around the world, including Calgary.

Writing for The Atlantic last month, Robert Rosenberger noted that the London spikes "are by no means the only form of homeless-deterrent technology; they are simply the most conspicuous."

He continued: "Will public concern over the spikes extend to other less obvious instances of anti-homeless design? Perhaps the first step lies in recognizing the political character of the devices all around us."

So let's look at our city. What do we see?

Well, if you've been on a transit platform lately, you'll notice that benches — traditionally long and flat — are being replaced with curvy benches that have metal ridges dividing the surface into several individual seats.

These ridges are not armrests; they serve no practical use for someone waiting for a train. They do, however, render the surface unusable as a place to lie down.

Similar public seating is popping up all over the city in parks, on streets and elsewhere. Look around and you'll find sloped and divided seating that is designed to move people along.

Earlier this year, the city-owned Calgary Municipal Land Corporation removed its green lounge chairs (extra comfy!) in East Village because "the infrastructure wasn't being used in the manner it was intended." Sleeping was one of these unintended uses.

The public washrooms in East Village also got locked up.

Now the outdoor furniture is pulled out and the washrooms get unlocked for events that attract well-to-do folks from outside the neighbourhood.

When it's just the locals around — many of whom are rough sleepers — these small comforts stay under lock and key.

The rise in anti-homeless design has coincided with several laudable local anti-poverty efforts including the 10-Year Plan to End Homelessness and the city's poverty reduction strategy.

These efforts focus on making our community more inclusive and ensuring that everybody has basic needs, including housing.

Given this context, it's a shame that our public spaces are being remade with hostility toward vulnerable Calgarians.

If we're disturbed by the spikes in London, we should be equally disturbed by this.

JUMPING WITH THE BULLS

metro AR

A reveller jumps from a fountain onto the crowd below, after the launch of the "Chupinazo" rocket, to celebrate the official opening of the 2014 San Fermin fiesta in Pamplona, Spain, Sunday. For more photos of the fiesta, scan this image with your Metro News app. ANDRES KUDACKI/THE ASSOCIATED PRESS

Papa's Pamplona

Thousands of people have crammed into the main square and adjacent narrow streets of Spain's Pamplona for the start of the famed San Fermin running of the bulls festival.

The fiesta, an uproarious blend of hair-raising daily bull runs and all-night partying, was immortalized in Ernest Hemingway's 1926 novel The Sun Also Rises.

THE ASSOCIATED PRESS

By the numbers

3,500

The regional government of Navarre said this year's festivities would be patrolled by 3,500 police to keep the adrenaline- and alcohol-fuelled events as safe as possible.

Firework rocket?

Revellers wearing traditional white outfits trimmed with red neckerchiefs and cummerbunds gathered for Sunday's launching of a firework rocket, which signals the beginning of the nine-day festival.

- Animal rights activists protested Saturday, warning that 48 bulls are killed at the festival each year.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 6 in News, page 10 in Scene and page 20 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

When in Michigan ... 80-foot spit takes annual cherry pit-spitting contest

When it comes to pit-spitting, it's tough to beat the Krause family, who on Saturday maintained their dominance in the 41st International Cherry Pit-Spitting Championship in southeastern Michigan.

Brian Krause took top honours with a distance of 80 feet, eight inches (24.59 metres), said Monica Teichman, who runs the market at Tree-Mendus Fruit Farm in Eau Claire, just north of the Indiana state line.

Coming in second this year was Brian's father, Rick, with a spitting distance of 77 feet, 7-1/2 inches (23.66 metres). Kevin Bartz took third with 64 feet, eight inches (19.71 metres).

Last year's big winner was Matt "BB Gun" Krause with a distance of 41 feet, 6-1/2 inches (12.66 metres).

Spitting in the wind

"We had some really good spits here. The breeze felt good, but ... it wasn't good for spitting. We needed to change because we would have been spitting into the wind."

Organizer Monica Teichman on changing the direction of spitters

The Krause family has won 26 of 41 of the contests since farm owner Herb Teichman launched the tournament in 1974 as a lark — but also to mark the region's tart cherry harvest.

Brian Krause holds the record spit of 93 feet, 6-1/2 inches (28.51 metres), set in 2003.

More than 100 people tried to qualify Saturday for the championship round.

A strong breeze may have accounted for the long distances after organizers changed the direction of the spitting, organizer Monica Teichman said.

"We had some really good spits here," she added. "The breeze felt good, but ... it wasn't good for the spitting. We needed to change because we would have been spitting into the wind."

This year's winner received tee time at a nearby golf course, a plaque, a medal, work gloves, a drill bit set and various gift certificates.

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metro

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SCENE 2

Ebooks

Seamus Heaney: Five Fables

By. Robert Henryson

iPad

●●●●●

MIND THE APP
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Billy Connolly (Brave, Lemony Snicket) narrates this Scottish retelling of Aesop's moral fables, collected and translated by Nobel Prize-winner Seamus Heaney. The old Scots performed these tales of animal trickery and rascality with a delightful rhythm of speech and the inventive depth of folk wisdom. Enhanced with video extras, animations, and insights, it's an engaging and provocative cultural study.

25th anniversary

Seinfeld stands the test of time

Saturday marked 25 years since the airing of Seinfeld's pilot, the first of 180 episodes that would rewrite TV history.

THE CANADIAN PRESS

Neon Trees singer comes clean on Pop Psychology

Tyler Glenn. With two hit albums already under his belt, frontman hopes good things come in threes and finally reveals what it's like to be a gay Mormon rock star

LISA WEIDENFELD
Metro in New York City

Neon Trees frontman Tyler Glenn has never shied away from being himself onstage, but with the release of a new album, Pop Psychology, he decided it was time to open up a bit more about his private life.

In April, he came out as gay via a Rolling Stone interview. And not only gay, but a gay Mormon, an unusual combination in pop culture. It capped a rough period in Glenn's life, where he was having trouble keeping his cool onstage. With the help of a therapist and a supportive producer, Glenn decided he was ready to share the news in a big way.

Glenn actually only started coming out to people in his life at the tail end of the production process for Pop Psychology.

After working with producer Tim Pagnotta on finishing the album, Pagnotta expressed some curiosity about what the new songs were about, and Glenn decided to share his secret.

Neon Trees frontman Tyler Glenn says he used to have trouble keeping his cool onstage. GETTY IMAGES

"I think his reaction inspired me to tell everyone else because he responded in such a loving, almost congratulatory way, which was really something I never put together with being gay," says Glenn.

That said, he's pleased to be a spokesman for equality who is both gay and religious. "A lot of the time we see in the media, like, it's either religion or it's being gay and I think the two can live in the same sphere," says Glenn.

Asked if he thinks it's important to public figures to come out, Glenn replies honestly, "I used to not. I get people doing it on their own time, in their own way, and I don't know everyone's situation, but I do think it's important."

Of course, his news has "turned a lot of heads in Utah," where Glenn lives, but he's happy to be a role model on this front, despite some discomfort with the idea in the past.

"I'm really glad that some people feel like they have a voice now, and … if that's the role model I can be, then I'm comfortable with that," says Glenn.

AUGMENTED REALITY

→ Want to hear Tyler Glenn sing? Scan this photo with your Metro News app for a video of Neon Trees' song Sleeping With a Friend.

metro AR

→ See the full instructions on Metro's Voices page.

GREATNESS EXISTS WITHIN ALL CHAMPIONS
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Demi Lovato

Demi Really Don't Care about Selena's drama

Selena Gomez has one less BFF in her corner to count on, as fellow former Disney star Demi Lovato is reportedly done with the serial Justin Bieber-dater, according to Hollywood Life. Last week, just before the Fourth of July holiday, Lovato un-followed Gomez on Twitter, so we know it's serious. She also posted then quickly deleted a rather cryptic tweet: "Swimming away from the bulls— bye b—h." According to sources, Lovato — who is clean and sober — had been finding Gomez a "headache" she needed to cut loose. "Demi tried to help Selena with her substance problems and also getting rid of Justin from her life and it is apparent Selena refused to listen to Demi's advice," a source says.

Old married Jessica won't be acting like a Newlywed

Jessica Simpson

Jessica Simpson and Eric Johnson were married over the weekend in front of 250 friends and family at the luxurious San Ysidro Ranch, located in Montecito in Santa Barbara County, Calif., according to E! Online. The big day comes after months of planning and several years of engagement, as Simpson first confirmed her plans to marry Johnson in November 2010. They have two children together, 2-year-old daughter Maxwell and 1-year-old son Ace. As Simpson explained during a visit to Good Morning America earlier this year, there were no fears of either getting cold feet at this point. "I already feel like we're an old married couple," she said. "Like, if he wanted to run, he could've run when I was hormonal and pregnant."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Adam Levine: He's not like the rest of us

STARGAZING
Malene Arpe
scene@metronews.ca

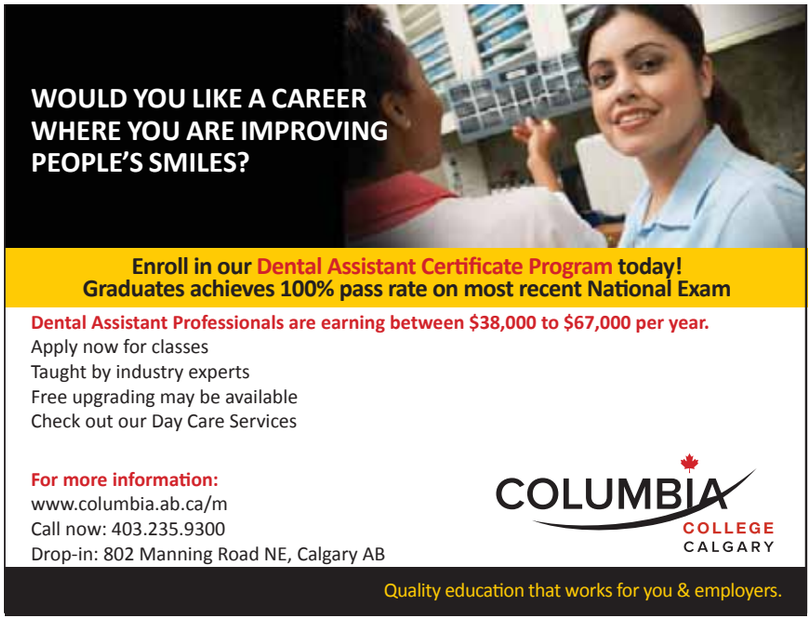
Adam Levine says that he's not going to be one of those celebrities who pretends he does his own laundry and house cleaning, and also that he has no patience for actors who agree to speak to media but then act upset when asked a question. This puts me in the uncomfortable and upsetting situation of having to stop pretending I hate Adam Levine.

Beyoncé projects Justin Bieber's mug-shot on a big screen during her tour with Jay Z and tells the audience, "Even the greatest can fall." What that sentence has to do with Justin Bieber remains unclear.

Someone stole the Amsterdam bench Shailene Woodley and Ansel Elgort sat on while kissing in The Fault in Our Stars. "We have absolutely no idea what you're talking about," said four teenage girls while smiling wistfully under their balaclavas.

The producers of Better Call Saul, a pre-Breaking-Bad-timeline Breaking Bad spin-off, say they've found a way to bring Walter White into the story. Ideas include Walter White walking past Saul's office, Walter White dialing the wrong number and getting Saul's office and Walter White staring out the dirty window of a bus passing Saul's office.

This week in Really Boring Things Involving People Named Jennifer: 1) Jennifer Garner and Ben Affleck celebrate their ninth anniversary by eating steak and oysters at a restaurant in Michigan. 2) Jennifer Lawrence places 11th, Jennifer Lopez places 33rd and Jennifer Aniston places 77th on Forbes Celebrity 100 list.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LIFE 3

Are you a money moron? It's time to change your ways

Finance flubs. If you lack an emergency fund or are paying off debt with other debt, you need to read this

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Buying a house that's beyond your budget can leave you living on the financial edge indefinitely. ISTOCK

It's easy to make mistakes with your money, particularly when so many other people are doing exactly the same thing you are. How bad can it be if everyone is doing it? Have a look to see how many of these money mistakes you are making:

Carrying a balance on credit cards or on a line of credit
Sadly, many people don't even know how much they owe. They keep their debt in little piles, never adding it up so they don't have to face the truth. They say things like, "My debt isn't anywhere near as bad as my sister-in-law's," and then pat themselves on the back. If you're carrying a balance, it means you're spending more money than you make. Stop.

Letting expenses get out of control
Expenses have a tendency to creep up, Up, UP. And if you aren't paying close attention, they can eventually exceed your income.

When was the last time you looked over your bills to see how much they've gone up? Has your income gone up as much as your hydro, cable, and gas bill?

That's why a spending journal is so important. Writing it down consistently keeps you paying attention to the details.

Taking payday loans
What the hell are ya thinking? If you can't afford to live on what you're making now, how are you going to make it through next week when you have to repay the loan, plus the interest (upwards of 700 per cent, when you include the fees)? If you need money that badly, sell something or get another job.

Having no emergency fund
Experts have been touting the importance of having an emergency fund since Betty White was a lass. So why is it that so many people still don't have enough (or any) money set aside, just in case?

The rule of thumb is that you should have enough cash to cover six months' worth of essential expenses. Cash in the bank means you have options so you can deal with whatever life throws at you. No cash, no options!

Buying a house that's too expensive
Little money down, amortized forever has led people to believe they can afford houses that are more expensive than they can actually manage.

If you had to save 20 per cent of a $400,000 house — that's $80,000 — you might think twice about buying such an expensive house.

I know real estate values have gone through the roof, but that's no excuse for strapping your cash flow to the point where you're living on the edge all the time.

Paying only the minimum amount on debt
If you haven't made a debt repayment plan that has a specific end date, you're spinning your wheels.

The only way to get debt free is to do the math. Divide what you owe by the number of months until you want to be out of the red. Add your monthly interest costs. *That's* how much you have to pay to be done with debt.

Using debt to repay debt
If you're using balance transfers or cash advances on credit cards to make minimum payments, or using your line of credit to pay your minimum on your credit card, you're a full-fledged money moron.

This used to be illegal, but in the name of marketing and selling more credit, the balance transfer (using credit to pay credit) was created and now the line is so blurred that people think it's fine.

It's not. And it's going to catch up with you eventually.

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The great Canadian car share

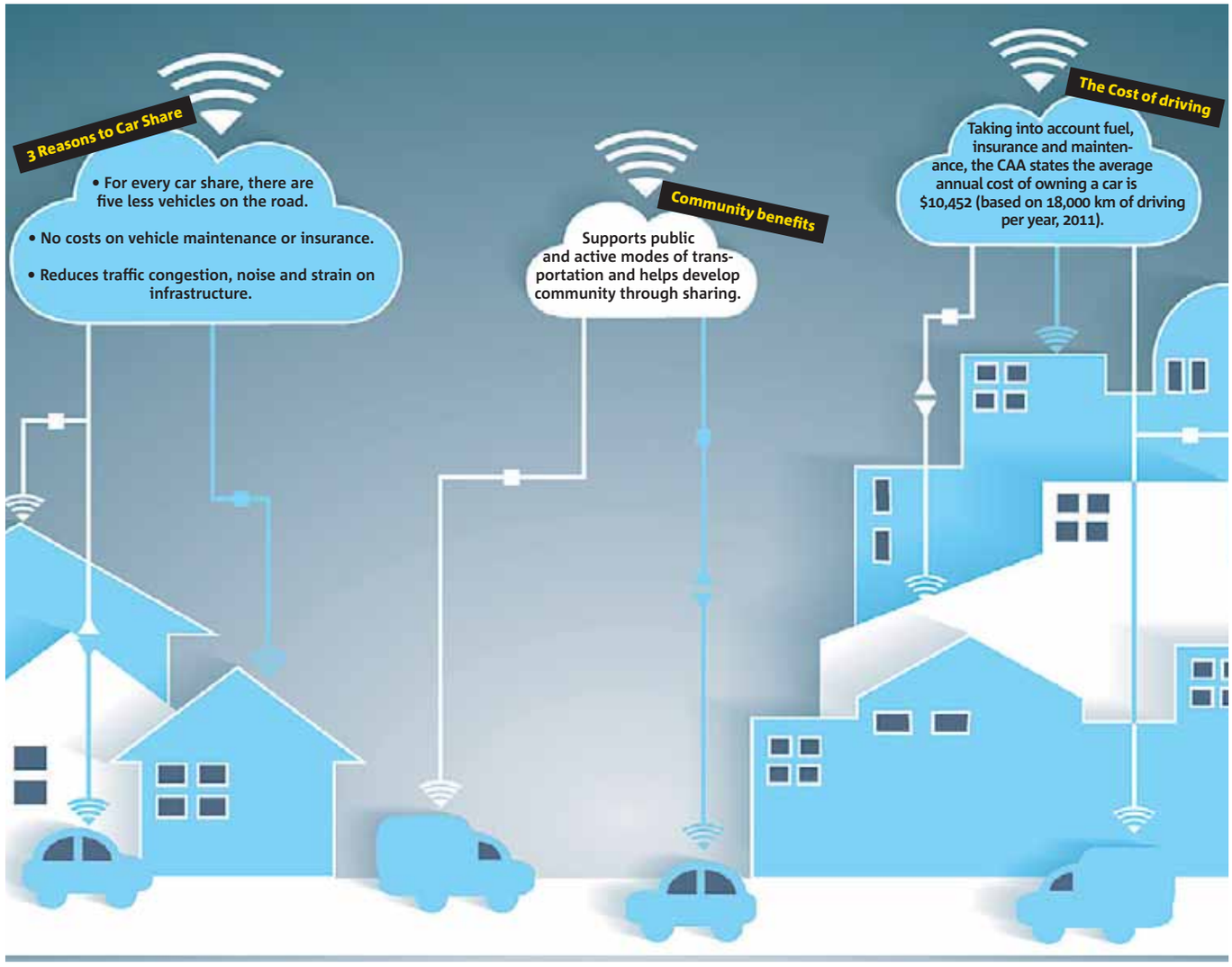
Rallying the roads.
Drivers are opting for a more fuel efficient and environmentally friendly way to ride

STEVE GOW
Metro World News

There's no doubt that the rise of car-sharing co-ops has been impactful in Canada. Although urban centres have led the way, suburban towns are getting the message. If you're looking to start sharing, here are some of the most convenient ways to do it in some Canadian cities.

Car sharing in Canada

- **Regina.** The Regina Car Share Co-Op loans vehicles for as little as $5 per hour. reginacarshare.ca
- **Ottawa.** VRTUCAR has over 100 fuel-efficient vehicles. vrtucar.com
- **London.** Community CarShare provides vehicles on a pay-per-use basis. communitycarshare.ca
- **Winnipeg.** Peg City Car Co-op has been around since 2011. pegcitycarcoop.ca
- **Edmonton.** E-town has no car-sharing co-ops. Motorists can use the city's Rideshare program. Email transplanning@edmonton.ca


3 Reasons to Car Share
• For every car share, there are five less vehicles on the road.
• No costs on vehicle maintenance or insurance.
• Reduces traffic congestion, noise and strain on infrastructure.
Community benefits
Supports public and active modes of transportation and helps develop community through sharing.
The Cost of driving
Taking into account fuel, insurance and maintenance, the CAA states the average annual cost of owning a car is $10,452 (based on 18,000 km of driving per year, 2011).

Greater Toronto Area population: approximately 5.9 million

With such a dense population (and traffic snarling urban arteries), companies renting hourly vehicles such as Zipcar, Car2Go and AutoShare are certainly taking advantage. Stashing cars at many locations around the city, potential customers can easily walk to a nearby parking lot and pick up their ride. There is a slight difference in each company however. For instance, if you're looking to stock up on bulky groceries, don't go with Car2Go since they specialize in small, two-passenger SmartCars. Visit zipcar.ca, autoshare.com or car2go.com.

Greater Vancouver population: approximately 2.4 million

Vancouver also has Zipcar and Car2Go as viable vehicular options. But the West Coast city also proudly boasts Modo. Originating 17 years ago with only two cars, this company takes a grass roots approach to car sharing and costs start at merely $7.50 an hour (plus fees). In all, the three companies have more than 800 vehicles spread across the metropolitan expanse. Visit modo.coop.

Calgary area population: approximately 1.4 million

Although Car2Go is also firmly settled in the Stampede City, Calgary Carshare is the leading member-owned, non-profit car-sharing company in Alberta. The co-op features two rate plans, the option of larger vehicles such as Dodge Caravans and has made its presence in the city since 1999. Nowhere is carsharing more suitable than in the sprawling landscape of Calgary, where it seems everyone drives! Visit calgarycarshare.ca.

Saskatoon area population: approximately 292,600

Relatively new on the prairies, The Saskatoon Carshare Co-op was recently incorporated and the community-owned enterprise is still growing — but then so is this booming city. Still, they may only have a two-car fleet of Nissan Versas but both are available to co-op members and casual drivers 24 hours a day for as little as $8 per day (plus fees). Visit saskatooncarshare.com.

Metropolitan Halifax area population: approximately 408,700

At just a few years old, CarShare HFX is also in its juvenile stages, but growth has been steady. Although membership is a bit costly and convoluted (with several types of memberships), CarShare HFX vehicles feature such benefits as free parking at "pay and display" lots on the waterfront. Plus, members can receive discounts at several retailers in town. Visit carsharehfx.ca.

A summer masterpiece: Chicken with Watermelon, Avocado and Feta Salsa

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves six. ROSE REISMAN

Outdoor living goes hand in hand with barbecuing, and a perfect choice for the grill is chicken breast.

Boneless chicken breast without the skin is one of the leanest meats you can enjoy.

Consider that a four-ounce portion of chicken has only 120 calories, two and a half grams of fat and one gram of saturated fat compared to a fatty steak, which has more than 300 calories, 23 grams of fat and nine grams of saturated fat.

Now, add a delicious seasonal salsa over top and you have created a masterpiece.

Ingredients

Salsa

- 1 1/2 cups diced crisp watermelon
- 1/3 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 3 tbsp fresh mint or cilantro
- 1 tsp lemon juice
- 1/2 tsp lemon zest
- 2 tsp olive oil
- 1 tsp minced jalapeno
- 1/2 tsp finely chopped garlic
- 1 oz crumbled feta cheese
- 1 1/2 lb skinless boneless chicken breasts (about 4 to 6 breasts)

Watermelon, avocado, jalapenos and a squeeze of lemon is all that's needed. The fresh and crispy texture of the salsa goes well with dining outdoors.

To prevent excess liquid, dice watermelon just before cooking chicken and drain any excess liquid.

Directions

1. Prepare the salsa by combining the watermelon, red bell pepper, avocado, mint, lemon juice, zest, olive oil, jalapeno and garlic in a bowl.

2. Preheat a barbecue to medium-high heat or lightly coat a large, nonstick grill pan with cooking spray and set over medium-high heat. Grill the chicken, turning half way just until cooked or internal temperature reaches 165 F. Serve the salsa on the grilled chicken, garnish with crumbled feta.

Nutritional information

Per serving

- **Calories.** 210
- **Carbohydrates.** 5 g
- **Fibre.** 0.8 g
- **Protein.** 23 g
- **Total fat.** 8.7 g
- **Saturated fat.** 3.2 g
- **Cholesterol.** 63 mg
- **Sodium.** 320 mg

The sweetest way to beat the heat

In the heat of summer, a bowl of hot soup is the last dinner choice to come to mind.

However, a chilled fruit soup is not only refreshing, but a light and nutritious way to start a meal. This Cold Mango Soup is creamy, flavourful and only contains 99 calories and three grams of fat per serving.

If you want the beautiful swirl on top of each bowl, just add a quarter of a cup of light yogurt to a small baggie.

Using a pair of scissors, cut a very small hole in the corner of the bag.

Ladle the soup into bowls and squeeze the yogurt in straight lines across the soup.

Drag a toothpick from one end of the soup through the lines to the other.

1. In a nonstick saucepan, heat oil over medium heat. Add onions and garlic; cook, stirring 4 minutes or until browned.

2. Add stock. Bring to a boil; reduce heat to medium-low and cook 5 minutes or until onions are soft.

3. Transfer mixture to a food processor. Add 2 cups of the mango. Purée until smooth. Stir in remaining chopped mango.

4. Chill 2 hours or until cold. Serve with a dollop of yogurt or make the design as described in the introduction and garnish with a mint leaf.

ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 1/2 cup chopped onions
- 2 tsp minced garlic
- 2 cups vegetable or chicken stock
- 2 1/2 cups chopped ripe mango (about 2 large)

Garnish (optional)

- 2% plain yogurt
- Mint leaves

metro

CALGARY STAMPEDE

Monday, July 7, 2014

Jennifer Booth, corporate communications manager with the Calgary Stampede, stands on the field at the Stampede grounds one year after the flood almost swept it away (inset). CANDICE WARD/FOR METRO

Stampede: One year after the flood

Then and now. Organizers are excited to be able to use buildings such as the Big Four again

KRISTA SYLVESTER
For Metro

Last year's greatest outdoor show on Earth will always be remembered as the Stampede that almost wasn't after devastating floods ripped through the city — but organizers and Calgarians persevered and put on a pretty good show.

And while the show did go on, it almost didn't. In fact, if the flood was even a day or two later, it wouldn't have, said organizers, who are proud of what they were able to accomplish with the help of the city.

The Stampede grounds were one of the hardest areas hit by the flood and Calgary Stampede spokesperson Jennifer Booth says it's a miracle they were able to host the popular rodeo events.

"A lot of work needed to be done and the infields were one of the hardest hit with waters three-metres deep in some areas," Booth said. "A lot of repairs were required with about $60 million in damage. But we did as much as we could and then up until this year's Stampede we were still finishing some little projects."

Crews pumped out millions of litres from the rodeo grounds in time for the opening day last year — and while there wasn't as much pressure this year to have things repaired on time, there was still some work to do.

Last year the Stampede operated at 70 per cent capacity but officials are happy to offer the full experience this year, concerts and all.

The Big Four building was also destroyed in the flood and officials weren't able to open the doors to the lower floor until this year's Stampede.

"We're really excited to be able to use that space again because we have great vendors and amazing food in there that thousands of people like to enjoy," Booth said.

Another building opens

- The Pengrowth Saddledome took the brunt of the damage last year with water reaching the 8th row of seats in the building.
- As much as officials tried, they weren't able to open in time and concerts such as Tim McGraw and KISS were cancelled.
- This year, the building is open for business with names including Shania Twain and Keith Urban set to rock the dome.

Olympians named parade marshals

Q & A. Canadian duo who captured the nation's heart at Sochi honoured at Stampede

CANDICE WARD
For Metro

Denny Morrison and Gilmore Junio became household names in Canada after Junio graciously gave up his spot in the 1,000-metre race in the 2014 Sochi Olympics and handed over the reigns to teammate Morrison. As everyone knows how the story ended, Morrison ended up capturing a silver medal in that race, and forming a forever bond with teammate and friend Junio.

This story also caught the attention of the Calgary Stampede. They were named Honourary Parade Marshals for the parade, and joined William Shatner to kick off the 102nd celebration of the Greatest Outdoor Show on Earth. Here's what the pair had to say to Metro about their experience:

Q What was it like to be named Honourary Parade Marshals for the Stampede parade?

A Denny Morrison: I have been to a few Stampedes following the Olympics, and they always recognize the athletes, so it is pretty cool to be pulled out of the crowd and recognized in such a way. I guess it just says how much our story has resonated with Calgarians.

Gilmore Junio: It is a huge honour to be leading the pack in that way. Growing up in Calgary, I have always gone to the parade, so it is a bit of different perspective. Especially being one year out of the flood, it is going to be a great celebration of generosity. Volunteers got the Stampede running and it is a nice parallel to what happened with us at the Games.

Q This year's Stampede is all about champions; how does it feel to be viewed as one?

Denny Morrison and Gilmore Junio. CANDICE WARD/FOR METRO

A DM: On the one hand, we have the performance side, and you can be a champion that way. But there is also being a champion, showing generosity, and that is something that really stands out from our own story.

GJ: Canadians and Calgarians have those two sides. We have that human side of being good people and the ability to achieve amazing things. The Champions is the slogan and what a nice way to recognize all the people (volunteers) and all the little efforts that make up such a big event and make Calgary an amazing place to live.

Q Have you guys formed a stronger friendship since the Olympics?

A DM: I would say we spend more time on average together than before. Before we spent a lot of time together training but now we are spending a lot of time together taking photos, smiling, and shaking hands.

GJ: Before the Games, Denny and I were really good friends and really good teammates. We used to try and be around each other at training a lot, but this is kind of a different setting. We have not gotten completely sick of each other yet.

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KIA The Power to Surprise

Tomoe Kobayashi and Mike Morter from Wrap Daddy's await judging on their new Thai noodle wraps during the Best New Midway Food Award at the Calgary Stampede. They took home the Best New Midway Food title.

You're going to wish you brought stretchy pants

Eats. Food-lovers, prepare to be intrigued by original Stampede treats, savoury and sweet

CANDICE WARD
For Metro

Some of it is creepy and crawly, others are deep-fried goodness that will have you wishing you had worn your stretchy pants down to the midway.

With items such as scorpion pizza and deep-fried cheesies, this year's lineup of the 32 new Stampede midway foods is sure to delight and intrigue food-lovers alike.

Jillian Cook with the Calgary Stampede midway programming says there is something for every palette, whether you are looking to fend off the Stampede pounds, or sample flavours you can't get any other time of the year.

"What I am looking forward to the most, is the Polish poutine," said Cook.

"It is one of those super savoury dishes that will be a late night craving for me."

When it comes to some of the more unique new items, Cook suggests checking out the crocodile sliders or the colouful flower cotton candy.

"It is something we have seen over in Asia, but not really over here," said Cook.

"It is more of an experience to watch them spin it."

Cook breaks down some of the top healthy food options and guilty pleasures of this year's items:

Top five healthier food options

1. Thai noodle wrap
2. Big Bubba's bad barbecue skillet
3. Garlic chicken kebab
4. Jamaican jerk chicken
5. Bacon-wrapped corn

"With the bacon-wrapped corn, it is not an over-indugence. It does come with a sweet maple syrup butter, but you can always get that on the side," said Cook.

The papri tot from the Naaco Truck.
CANDICE WARD PHOTOS

Top five guilty pleasures (in no particular order)

1. Polish poutine
2. Deep-friend Reese's peanut butter cup
3. Near two-foot-long sausage
4. Deep-fried doughnut bacon cheeseburger
5. Poutine burger

While prices range on all of these dishes, many items hover around the $10 range.

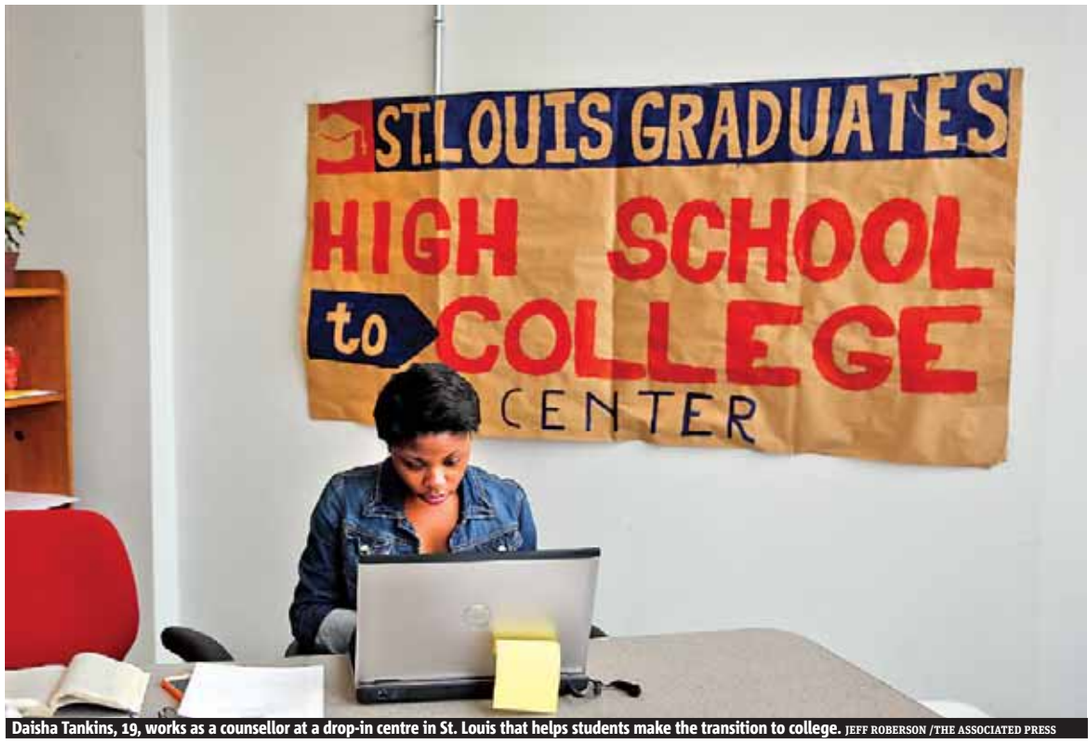
For a full list of the brand new food items, visit the Calgary Stampede website, or download the Calgary Stampede app.

Winners

- The winner of the Best New Midway Food Award for 2014 was the Thai noodle wrap from Wrap Daddy's.
- Second place went to the Naaco Truck for their papri tot.
- Third place went to Jamaican Mi Juicy for their Jamaican jerk chicken dish.

Pre-college students get a final push

'Summer melt.' Money problems, housing issues and other details cause many students to abandon higher education plans



Daisha Tankins, 19, works as a counsellor at a drop-in centre in St. Louis that helps students make the transition to college. JEFF ROBERSON /THE ASSOCIATED PRESS

The excitement of acceptance into that dream college has passed. The first day of classes is still weeks away. But the resources provided by high school teachers and computer labs are no longer available for recent graduates.

Education researchers and academic counsellors call it "summer melt," the precarious time when some college-bound students fall through the cracks, at risk of abandoning their higher education plans entirely.

In St. Louis, a drop-in counselling centre helps such students negotiate financial aid agreements, housing contracts and the other many details of college enrolment. School districts in Chicago, Dallas, Miami, Minnesota and West Virginia are among those using text messages to keep aspiring college students on track.

"You get the acceptance letter and start the celebration," said Shauna Cunningham, a high school guidance counsellor who's spent the past two summers at the St. Louis Graduates High School to College Center. "They don't realize all the other steps."

Recent studies by Harvard University's Center for Education Policy Research found that an estimated 20 per cent of graduating seniors from urban school districts in places such as greater Boston, suburban Atlanta, Dallas and Fort Worth, Texas, abandon their plans to attend college over the summer.

Among prospective community college students, the summer melt rate increases to about 40 per cent, said former Harvard researcher Ben Castleman, now an assistant professor of education and public policy at the University of Virginia.

A lack of financial aid is to blame in about half of those cases, Castleman said. But students also wind up getting derailed by much less significant hurdles, from failing to meet course enrolment deadlines to registering for summer orientation programs.

"The idea was that if you could get a kid to graduate from high school, they'd been accepted, and chosen where to go, (then) that student was going to show up," he said.

"What our work shows is that in fact, students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Daisha Tankins, 19, had planned to attend Spelman College in Atlanta after graduating from a St. Louis high school last summer.

Precarious time

"Students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Ben Castleman, professor and former Harvard researcher

But unable to afford the private college and unwilling to go into more than $100,000 in debt after four years, she enrolled at Harris-Stowe State University in her hometown. Like Spelman, it is a historically black school, but with far more modest costs.

Tankins now works as a peer mentor at the St. Louis counselling centre.

"A lot of students are bewildered and can't understand the magnitude of what's going on," she said.

School districts and colleges are beginning to find that reducing summer melt doesn't require dramatic intervention.

For just $7 per student, school districts in Lawrence and Springfield, Mass., were able to boost their number of college-bound graduates, according to research by Castleman and Harvard colleague Lindsay Page.

Students received introductory text messages such as "We want to help you w/ college! Stay tuned for key summer to dos. Save this #, you can txt us for help!"

Their parents received similarly tailored messages with reminders about financial aid, orientation enrolment, tuition bill deadlines and campus health insurance.

On a recent weekday afternoon, St. Louis high school graduate Kelcee Burton stopped by the drop-in counselling centre just blocks from Washington University, which donated the storefront to the non-profit group St. Louis Graduates.

Burton has been accepted at the University of Missouri and expects to receive roughly $18,000 in grants for the coming year.

But gaining admission was only the start for Burton, who was four when her mother died and has spent the past year living with a friend after her father remarried.

There are immunization records to track down and a housing waiting list to manoeuvre. She stopped by the counselling centre at a friend's suggestion and left with confidence about starting college come August.

"I really didn't even think about all these details. I had no idea," she said. "I thought I was good to go."

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Let a mentor be your guide to success

Every Day Connect campaign. 66 per cent of professionals say personal relationships have helped them in their careers

LAKSHMI GANDHI
Metro World News

Navigating the world of business can be tough — especially when you are in the early stages of your career. Finding a mentor can be a key to success.

Enter the Every Day Connect campaign, a new project sponsored by Fairfield Inn and Suites as a way to support the connections between young professionals and the mentors who have encouraged them.

"I think mentorship is important to everyone, but a lot of people are afraid to reach out," says Fairfield Inn's Vice President of Global Brand Management Shruti Buckley.

"But right now the workforce is so competitive, so it's more important than ever to build those relationships."

A survey commissioned by Fairfield revealed that 66 per cent of professionals say personal relationships have helped them in their careers. We talked to four young entrepreneurs who are serving as ambassadors for Every Day Connect — and who were all named to the Forbes 30 under 30 list in 2014 — for their suggestions on how to foster a strong mentoring network.

Don't think of it as formally finding a mentor

Kane Sarhan, who co-founded Enstitute, a program that matches young people with entrepreneurial apprenticeships, says the best mentoring relationships come about organically. "We find with a lot of our students, mentors just develop naturally once you find someone you connect with," he says. "Those really strong personal relationships really are long lasting."

Find someone you can bounce ideas off of

"It's always good to have different people, opinions and perspectives around," explains Eden Full, the creator of SunSaluter, a device that makes solar panels more efficient. Full says her mentor has been instrumental in the early growth of her company. "Just talking things through and weighing the pros and cons was really key to making the right decisions," she says.

Be persistent without being annoying

Full also stresses that you shouldn't give up if there is a particular person you want to connect with. "If someone doesn't respond to your email (right away), there are so many reasons why," she points out. At the same time, remember to respect your mentor's time. "Be humble and assertive, but not necessarily aggressive," says Meg Gill, an executive with Golden Road Brewing.

Don't be afraid to reach out

If you are shy about approaching someone in your field, don't be. Fairfield's survey reveals that 77 percent of employed adults said they were willing to help new grads find work. But it's important that young people show that they are serious. "I didn't go out looking for mentors," says Gill. "I went out looking to learn. A lot of people don't just let someone come up to them, so you have to be passionate about something."

Let your mentor know the impact they've had

Always remember to let your mentors and advisors know that you appreciate them. "I'm constantly showing gratitude towards my mentors," says Sarhan. "A lot of times, one problem with my generation is the lack of humility," says the 26-year-old. He points out doing things as simple as sending thank you cards, birthday presents and just calling to catch up can go a long way.

You should be working to help your mentor, too

Mentoring isn't a one-way street. Mark Arnoldy is the Executive Director of Nyaya Health, which works to bring health care to remote parts of Nepal. He says younger workers shouldn't discount their unique take on the world. "If you are sincere in your generosity, great things will come your way and networking can be a source of joy rather than something slimy and shallow," he says.

Quoted

"Just talking things through and weighing the pros and cons was really key to making the right decisions."

Eden Full, explaining the benefit to having a mentor while being an entrepreneur

A mentor can help while you navigate a new career. ISTOCK

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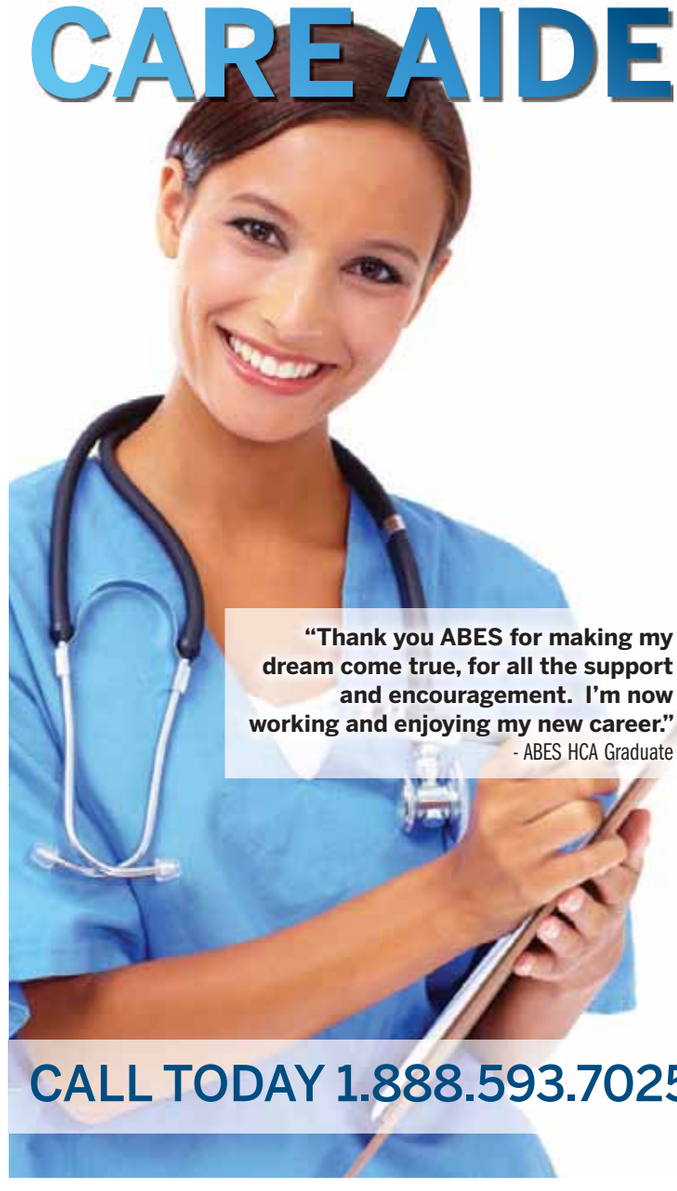

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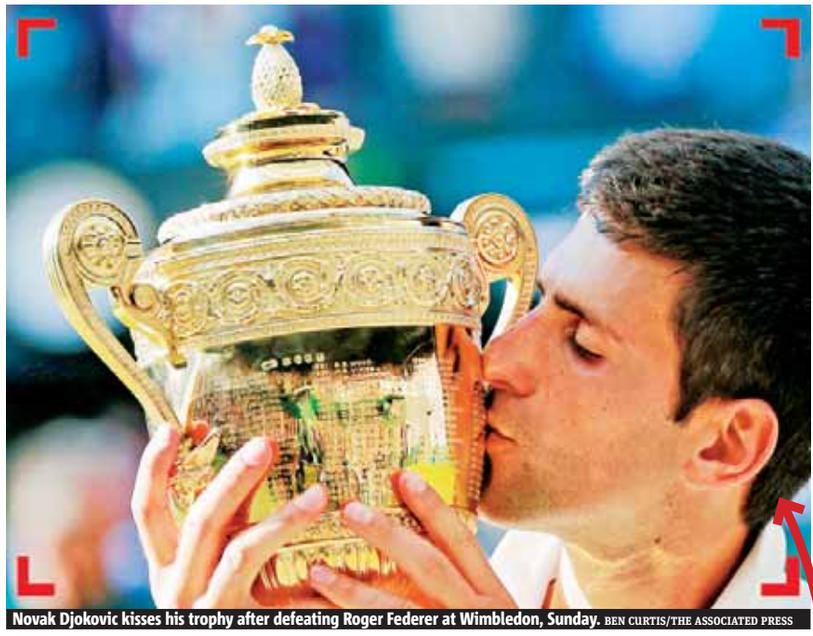
SPORTS 4

Joker gets last laugh in Wimbledon final

Back on top. No. 1 Djokovic wins four-hour match against Federer for his seventh Grand Slam title



Novak Djokovic kisses his trophy after defeating Roger Federer at Wimbledon, Sunday. BEN CURTIS/THE ASSOCIATED PRESS

Novak Djokovic's large lead in the rollicking Wimbledon final was slipping away, due in no small part to Roger Federer's regal presence and resurgent play.

No man has won tennis's oldest major tournament more often than Federer, and he was not about to let it go easily. Djokovic went from being a point from victory in the fourth set to suddenly caught in the crucible of a fifth, and knew all too well that he had come up short in recent Grand Slam title matches.

Steeling himself when he so desperately needed to, Serbia's Djokovic held on for a 6-7 (7), 6-4, 7-6 (4), 5-7, 6-4 victory after nearly four hours of momentum shifts Sunday to win Wimbledon for the second time — and deny Switzerland's Federer what would have been a record eighth championship at the All England Club.

"I could have easily lost my concentration in the fifth and just handed him the win. But I didn't, and that's why this win has a special importance to me, mentally," Djokovic said. "I managed to not just win against my opponent, but win against myself, as well, and find that inner strength."

Cradling his trophy during the post-match ceremony, Djokovic addressed Federer directly, saying: "I respect your career and everything you have done. And thank you for letting me win today."

Even Federer had to smile at that line.

Truth is, Djokovic deserved plenty of credit for figuring out a way to raise his Grand Slam total to seven titles, allowing him to overtake Rafael Nadal at No. 1 in the rankings.

"Novak deserved it at the end, clearly," said Federer, who hadn't been to a Grand Slam final since winning his 17th major at Wimbledon in 2012, "but it was extremely close."

THE ASSOCIATED PRESS

The Canadians

- Petra Kvitova of the Czech Republic beat Eugenie Bouchard 6-3, 6-0 on Saturday in the women's final to claim her second Wimbledon title, ending an impressive run by the 20-year-old Canadian at the All England Club.
- Vancouver's Vasek Pospisil and American partner Jack Sock won the Wimbledon men's doubles title on Saturday in an upset of the defending champions Bob and Mike Bryan of the United States 7-6 (5), 6-7 (3), 6-4, 3-6, 7-5.

AUGMENTED REALITY

→ Scan the image with the Metro News app for more photos from Wimbledon this past weekend.

→ See the full instructions on Metro's Voices page.

Horse racing

Lexie Lou wins $1M Queen's Plate

Filly Lexie Lou won the $1 million Queen's Plate on Sunday at Woodbine, beating Ami's Holiday by 1-1/2 lengths in the first leg of the Canadian Triple Crown.

The Woodbine Oaks winner, ridden by Patrick Husbands, ran 1-1/4 miles in 2:03.94 on the polytrack to give trainer Mark Casse his first Plate victory.

"I've been following the Queen's Plate since I was a little boy and so to finally win it, I just pinch myself," Casse said. "I thought we'd win it sooner or later. I knew I wasn't going to give up."

Husbands also won the Plate in 2003 when he guided Wando to the Canadian Triple Crown.

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Tour de France

Shark surges to take yellow jersey

Italy's Vincenzo Nibali displayed his riding smarts at the Tour de France, winning Stage 2 on Sunday and taking the yellow jersey after a well-choreographed attack on rivals in the postindustrial English city known for "The Full Monty."

With less than two kilometres left, Nibali — nicknamed "The Shark" for his road savvy — escaped a 21-man breakaway bunch at the end of the 201-kilometre course over nine heath-covered hills of Yorkshire, and held off their late surge.

The 29-year-old rider has won the Italian Giro and Spain's Vuelta, but has never captured cycling's showcase event.

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Jeff Samardzija of the Oakland Athletics reacts after the A's turn a double play to end the first inning against the Blue Jays on Sunday in Oakland. Samardzija was pitching his first game for the Athletics. EZRA SHAW/GETTY IMAGES

Samardzija helps A's sweep Blue Jays in Oakland debut

MLB. Toronto goes 0-for-18 with runners in scoring position in four-game series

Jeff Samardzija arrived at the ballpark nearly five hours before making his first start with his new ballclub.

The right-hander left having secured a four-game sweep for Oakland with a performance that showed exactly why the Athletics were so eager to get him in a trade with the Chicago Cubs.

Samardzija pitched seven strong innings to win his Oakland debut and the A's beat the Toronto Blue Jays 4-2 on Sunday.

"First impressions are always important," said Samardzija after lowering his overall ERA to 2.74.

"Like I said yesterday, they didn't need me here. They were doing just fine without me. I don't want to come in and change anything and change the atmosphere. I just want to come in and add, and do my part," he said.

He did just that, giving up four hits and one run with five strikeouts and one walk while earning his first win since June 7.

On Sunday

Athletics	Blue Jays
4	2

Toronto got a stellar outing from starter Drew Hutchison but for the fourth straight game had little success offensively. The Blue Jays went 0-for-18 with runners in scoring position during the series.

They didn't have many opportunities against Samardzija and two relievers. Toronto managed just four baserunners over the final eight innings and had only two get past first base.

"We got shut down bigtime," said Blue Jays manager John Gibbons after his club was outscored 14-4 in the four-game sweep. "We're just not very good right now. We're just not producing."

Hutchison (6-7) struck out four and walked two in his first career start against the A's. THE ASSOCIATED PRESS

All-Star selections

Joey Bats tops voting

Toronto Blue Jays outfielder Jose Bautista is heading to the all-star game in Minnesota as the leading MLB vote-getter for the second time in four seasons.

Bautista is one of three Blue Jays to be named to the AL all-star team, with first baseman Edwin Encarnacion and left-hander Mark Buehrle also making the cut.

Bautista, the captain of the AL squad at the 2014 Home Run Derby, leads the AL with a .423 on-base percentage, is seventh with 56 runs scored, and tied for 10th with 17 home runs.

Encarnacion, who injured his right quadriceps in Saturday's game against the Oakland Athletics, was chosen by AL all-star team manager John Farrell as a reserve. Encarnacion has 26 home runs and 70 RBIs through 88 games.

Buehrle was selected through the player ballot. He is 10-6 with a 2.60 ERA. THE CANADIAN PRESS

MLB

All-Stars named

All-Star Game AL starters elected by fans are Detroit's Miguel Cabrera, Oakland's Josh Donaldson, Toronto's Jose Bautista, the New York Yankees' Derek Jeter, Seattle's Robinson Cano, Baltimore's Adam Jones and Matt Wieters, and the Los Angeles Angels' Mike Trout.

Elected to the NL starting lineup are Arizona's Paul Goldschmidt, Philadelphia's Chase Utley, Colorado's Troy Tulowitzki, Milwaukee's Aramis Ramirez, St. Louis's Yadier Molina, Milwaukee's Carlos Gomez, Pittsburgh's Andrew McCutchen of Pittsburgh and the Los Angeles Dodgers' Yasiel Puig. THE ASSOCIATED PRESS

MLB

N.Y. reels in pitcher

The New York Yankees have bolstered their rotation by acquiring right-hander Brandon McCarthy from Arizona. The Diamondbacks are also sending New York cash in Sunday's deal for left-hander Vidal Nuno. THE ASSOCIATED PRESS

World Cup. Brazil's crowds rank second in history

World Cup attendances are set to achieve the second-highest average in tournament history.

FIFA says the average crowd after 60 matches in Brazil is 52,762, beating the 52,491 mark for the 2006 World Cup in Germany.

The record was set in the United States at the 1994 World Cup, when an average of 68,991 attended the 52 matches in a 24-team tournament.

More than 3.16 million spectators have attended in Brazil, with stadiums filled to 98.3 per cent capacity, FIFA says. THE ASSOCIATED PRESS

In control of their destiny

Brazil forward Willian controls the ball during a training session in Teresopolis on Sunday. Brazil will face Germany Tuesday in a World Cup semifinal after defeating Colombia 2-1 on Friday. Netherlands will face Argentina in the other semifinal on Wednesday, after beating Costa Rica on penalty kicks Saturday. VANDERLEI ALMEIDA/AFP

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Sly Sloan earns first Web.com Tour title

Nova Scotia Open. Calgary native outlasts competition, course, in long Sunday finish

KRISTEN LIPSCOMBE
Metro in Halifax

Calgary-born Roger Sloan watches his winning five-foot putt drop on the first playoff hole of the Web.com Tour's Nova Scotia Open on Sunday in Halifax. MONA GHIZ/NOVA SCOTIA TOURISM

It was a story-book ending Sunday for Roger Sloan.

The Calgary native won the first-ever Nova Scotia Open, and his first-ever Web.com Tour title, with an eight-foot par putt on the first hole of a sudden-death playoff against Derek Fathauer of Jupiter, Fla.

It was the 37th hole of the day for a couple of tough competitors, but the exhausting two-round plus session under sunny skies at Ashburn Golf Club in Halifax paid off for both.

Sloan won $117,000 and Fathauer pocketed $70,200 of the $650,000 total tournament purse.

After being presented with the trophy — and a giant cheque — the inaugural Nova Scotia Open winner posed for photos on the 18th hole, in front of awe-struck admirers. That included mom Cathy, who had shown up earlier in the week as a surprise. The two hugged in celebration as cameras clicked away.

"I don't know what feels better, to win or to finally be done today," he joked to media when he finally sat down.

Sloan, who jumps to 12th on the tour money list, said he paid little attention to the leaderboard Sunday.

"I saw a leaderboard coming down my eighth hole, and I knew that I was tied with Derek at 11 under," Sloan said.

"On the back nine, I had no idea," he added. "I knew that if I just kind of focused one shot at a time, it (would) just kind of take care of itself."

Sloan said he had wanted to win the Nova Scotia Open since hearing "it was in the works," as he feels an attachment to this province.

His great grandfather's family emigrated from Holland through Pier 21.

"Halifax has some family history," he said. "When I got here off the plane, you just take a deep breath, and you just know you're in Canada."

Montoya marvellous in IndyCar return

Juan Pablo Montoya celebrates winning the Pocono IndyCar 500 on Sunday. THE ASSOCIATED PRESS

Juan Pablo Montoya noticed the Colombian fans waving flags and wildly cheering for him as he zipped toward the checkered flag. Moments after celebrating, Montoya ducked his way through the crowd waiting at Victory Lane and headed toward the grandstands to sign autographs and pose for pictures.

"I had to say thanks for coming," he said.

Montoya saved his deepest gratitude for car owner Roger Penske.

Quoted

"It's been a long road, a lot harder than people realize." Juan Pablo Montoya

Montoya won the IndyCar race Sunday at Pocono Raceway, the highlight of a triumphant return to open-wheel racing after seven years in NASCAR.

Up ahead, a serious run at the IndyCar championship.

"I think people know I'm coming," Montoya said.

Montoya won for the first time in the CART/IndyCar Series since 2000 and had his first major victory since he won a road-course race at Watkins Glen in NASCAR in 2010.

Helio Castroneves was second to make it a 1-2 finish Sunday for Team Penske. With double points awarded in the 500-mile races, Castroneves moved into a tie for the points lead with Team Penske teammate Will Power.

THE ASSOCIATED PRESS

K.O. Rousey expanding already lethal arsenal

Ronda Rousey THE ASSOCIATED PRESS

The (Rowdy) Ronda Rousey legend grows.

On Saturday night, the UFC women's bantamweight champion flattened Alexis Davis in 16 seconds as the Canadian challenger never knew what hit her.

The 16-second knockout is tied with Frank Shamrock's win over Kevin Jackson for second-fastest in a UFC championship fight. Andrei Arlovski's 15-second KO of Paul Buentello is the fastest.

Rousey, who came to MMA from judo where she won Olympic bronze, has now won all 10 of her fights with nine first-round finishes. The 10 wins have lasted a total of 24 minutes 48 seconds.

And Rousey is expanding her arsenal.

Her first eight finishes were all by armbar submission. Then she dropped Sara McMann, an Olympic silver medallist in wrestling, with a knee to the liver.

And she stunned Davis with a punch and knee at the centre of the cage, before tossing her to the ground with a hard judo throw and finishing her off with some 10 punches to the face.

Rousey has set even higher goals.

"I still have a lot of improvements to make," she said. "I want to retire undefeated and be known as one of the greatest of all time and that takes a lot more work than what I have done so far."

THE CANADIAN PRESS

UFC 175. Despite a badly broken toe, Hall wins it

Uriah Hall limped away from UFC 175 with a win and a toe pointing in another direction.

The 29-year-old middleweight from New York City broke his toe in the first round against Brazil's Thiago Santos on Saturday night. And things got more gruesome after that.

The crowd at the Mandalay Bay Events Center first noticed the injury when the cameras zoomed in on the disfigured toe after the first round. There was an audible groan around the arena when it was shown on the big screens.

Warrior

"I tried to pop it back in after the round ended." Uriah Hall

Hall came out for the second round, with the top of the toe next to his big toe sticking up almost vertically.

"I remember throwing a front kick and he blocked it but I didn't realize I had broken my toe," Hall said later. THE CANADIAN PRESS

PGA Tour

Cabrera can win the small ones, too

Angel Cabrera no longer has to fret about that streak of disappointments in non-major events on the PGA Tour.

The 44-year-old Argentine won the Greenbrier Classic on Sunday for his first victory in a tournament other than a major, closing with his second straight six-under 64 for a two-stroke victory over a heavy-hearted George McNeill.

Cabrera, whose only other PGA Tour victories came in the 2007 U.S. Open and 2009 Masters, built a three-shot lead before making things interesting with a pair of late bogeys. He finished at 16-under 264 and now has another green jacket — that as Greenbrier Classic champion.

Cabrera had no top-10 finishes this season entering the tournament but had everything working Sunday, hammering drives and approach shots with precision and coming up with clutch putts, especially on the back nine. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Partnership issues and money issues will be important today. If nothing else, you must resist the urge to splash out on expensive gifts for loved ones.

♉ Taurus
April 21 - May 21
Life may a struggle right now but on the plus side, you will learn something useful. You are here for a reason. Stop complaining and start living.

♊ Gemini
May 22 - June 21
There are times when it is right to act on a hunch and this is one of them. With surprises planet Uranus strong in your chart, you should act on what your inner voice is telling you.

♋ Cancer
June 22 - July 23
If you let your fears get the better of you today you will regret it later when you realize what a great opportunity you have allowed to pass by. If you see an opening, go through it.

♌ Leo
July 24 - Aug. 23
You may be tempted to let a rival off the hook today but the planets warn that may not be a good idea, if only because it is likely to encourage others to take advantage of you too.

♍ Virgo
Aug. 24 - Sept. 23
You can make yourself happy or sad — the choice is yours. The effort that goes into being depressed can be diverted into finding things that delight you.

♎ Libra
Sept. 24 - Oct. 23
The more nice things you say about others today, the more nice things they will do for you in the near future. You will, of course, have to make your compliments sound sincere.

♏ Scorpio
Oct. 24 - Nov. 22
Take a less provocative approach with people you have been in disagreement with. Your differences are not so wide that you cannot find areas where you both can agree.

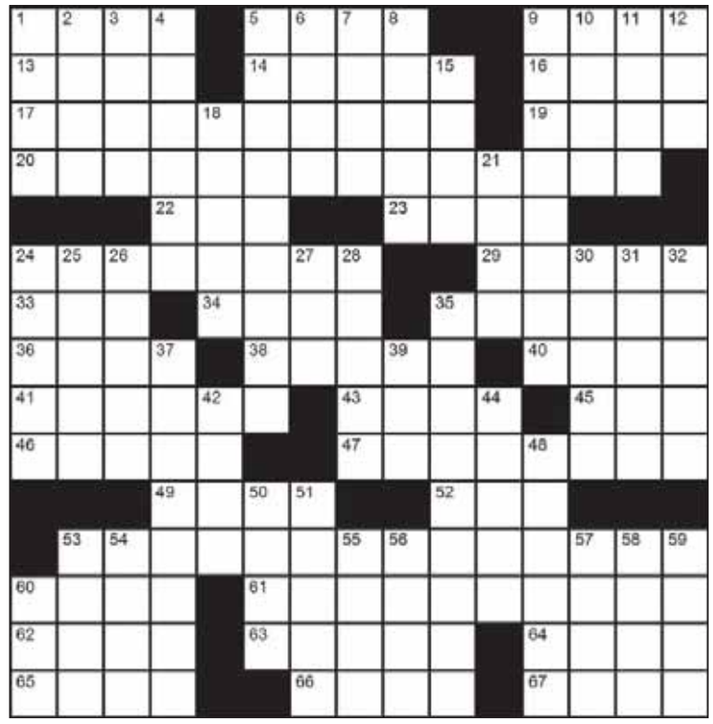
♐ Sagittarius
Nov. 23 - Dec. 21
You may think your charm will get you everything you desire, but that is not an excuse to cut corners. Everything balances out, so if you cheat others now you will pay for it later.

♑ Capricorn
Dec. 22 - Jan. 20
Every once in a while — like today — you do something that shocks even those who know you well. Tomorrow, no doubt, you will be making apologies.

♒ Aquarius
Jan. 21 - Feb. 19
Don't give up on a relationship just because it is going through a bad patch. It is times like these that test your commitment. If you hang in there, the tide will turn in your favour soon.

♓ Pisces
Feb. 20 - March 20
If an issue is causing you sleepless nights, focus your mind on something else. Eventually you may find that you no longer care who wins.

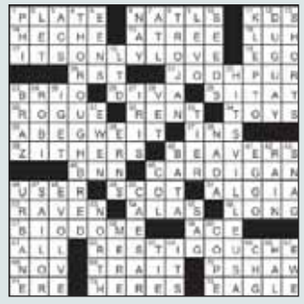
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Paul Bunyan's blue ox
5. Manitoba locale, with Flon
9. Look over
13. Mr. Rickman
14. Put together some sort of contraption: 2 wds.
16. Hawkeye State
17. East Coast people
19. Ceramics oven
20. Regina: RCMP __ __ Parade
22. Impair
23. Q. "__ '_ _' a show George Clooney starred on?" A. "Yes."
24. Richard Branson's space tourism company, Virgin __
29. Visual arts univ. in Halifax
33. Ginger drink
34. Deep Purple song
35. Scott of "Quantum Leap"
36. Faint
38. Words to live by
40. Annual, for short
41. Ancient temple complex in Egypt
43. Actor Paul
45. Caesar's 502
46. Do some PI work: 2 wds.
47. Actress Tiffani
49. Succeeds
52. Morse Code bit
53. Toronto, in the film industry: 2 wds.
60. Helvetica, for one
61. PEI: __-__-__óFort Amherst National Historic Site of Canada
62. To, archaically
63. "Pink Shoe Laces" by __ Stevens
64. Isle of Scotland's Inner Hebrides
65. __ signs
66. Floral arrangement
67. Leave in, to an editor

Down
1. Loud sounds
2. Wings: Latin
3. "Roseanne" name
4. "Return to Innocence": 1994 hit for __
5. Sherwood Forest denizen: 2 wds.
6. Outline
7. "_ __ Around" by The Beach Boys
8. Olympic runner nicknamed 'The Flying Finn', Paavo __ (b.1897 - d.1973)
9. Big name in helicopters
10. Coconut fibre
11. Hole-making tools
12. Grandma
15. Pro bono TV spots
18. Instruct
21. Actress Ms. Malone
24. Rubbernecks
25. _ __ of faith
26. Comedian/actor Denis
27. Medit. Sea land
28. Silica rock
30. __ and whey
31. "Kate & __" ('80s sitcom)
32. "Another __ __ Paradise" by Phil Collins
35. Rectangular-shaped guitar legend: 2 wds.
37. Canadian journalist Mr. Nash (b.1927 - d.2014)
39. "What?"
42. Indigo dye
44. Country songstress Ms. Carter
48. Screens in Japanese decor
50. Big Apple force [acronym]
51. Hawk's spotting-prey move
53. Fine-tune
54. Not tricked: 2 wds.
55. "..._ __ you want pizza instead?" (Takeout query)
56. Mr. Redding
57. A&W __ Beer
58. Ms. Daly
59. Sun's output
60. Merriment

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6				1			
1			6	9		7	2	
8		7					9	
	2	3		5				
			4		9			
				2		4	1	
	1					3		6
	4	6		8	5			2
			2				5	

Friday's Sudoku

7	2	4	6	1	5	9	8	3
6	9	3	8	4	7	2	5	1
1	8	5	3	9	2	7	6	4
9	3	2	5	7	1	8	4	6
4	1	6	9	3	8	5	2	7
8	5	7	4	2	6	3	1	9
2	4	8	7	6	9	1	3	5
5	6	9	1	8	3	4	7	2
3	7	1	2	5	4	6	9	8

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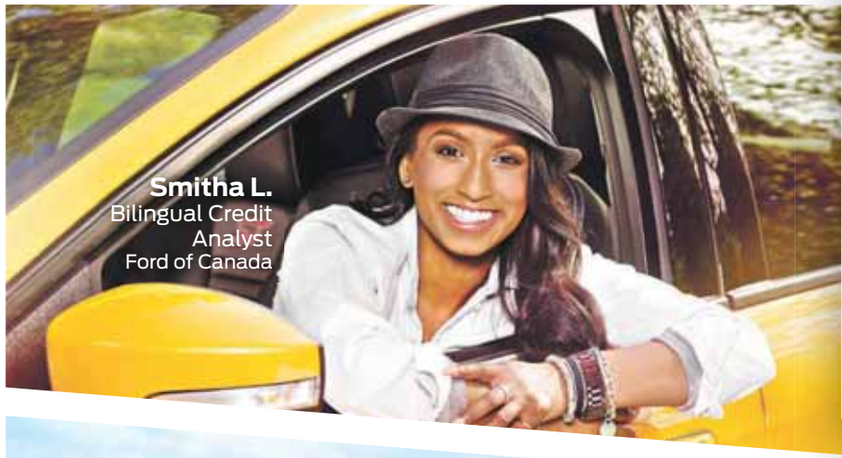

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